



# **Heart-Healthy Home Cooking**

## **African American Style**

**NATIONAL INSTITUTES OF HEALTH  
NATIONAL HEART, LUNG AND BLOOD INSTITUTE  
AND  
OFFICE OF RESEARCH ON MINORITY HEALTH**



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## **INTRODUCTION:**

Good food is one of life's great joys. And good meals are a shared pleasure at the heart of African American family life and special celebrations. This book brings together many African American favorite recipes, prepared in a heart-healthy way lower in fat, especially saturated fat, cholesterol, and sodium! It shows how to prepare dishes in ways that help protect you and your family from heart disease and stroke. This is important because heart disease is the first and stroke is the third leading cause of death for African Americans.

So, by making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke.

So make a start today. Give those old favorites a new, tasty, heart-healthy makeover. And help keep the heart of your family strong!

The cookbook was developed by the National Heart, Lung, and Blood Institute and the Office of Research on Minority Health, both part of the National Institutes of Health in Bethesda, Maryland.

## **ABBREVIATIONS USED THROUGHOUT THIS BOOK INCLUDE:**

**tsp = teaspoon**

**Tbsp = tablespoon**

**oz = ounce**

**lb = pound**

**g = gram**

**mg = milligram**

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# Breads, Vegetables, and Side Dishes

## GOOD-FOR-YOU CORNBREAD

1 cup cornmeal  
1 cup flour  
¼ cup white sugar  
1 tsp baking powder  
1 cup buttermilk, 1% fat  
1 egg, whole  
¼ cup margarine, regular, tub  
1 tsp vegetable oil (to grease baking pan)

1. Preheat oven to 350° F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Bake for 20 to 25 minutes in an 8 by 8-inch greased baking dish. Cool. Cut into 10 squares.

**Makes 10 servings**

**Serving Size: 1 square**

<b>Calories</b>	<b>178</b>
<b>Fat</b>	<b>6 g</b>
<b>Saturated fat</b>	<b>1 g</b>
<b>Cholesterol</b>	<b>22 mg</b>
<b>Sodium</b>	<b>94 mg</b>

<b>2 cups</b>	<b>flour</b>
<b>2 tsps</b>	<b>baking powder</b>
<b>¼ tsp</b>	<b>baking soda</b>
<b>¼ tsp</b>	<b>salt</b>
<b>2 Tbsps</b>	<b>sugar</b>
<b>2/3 cup</b>	<b>buttermilk, 1% fat</b>
<b>3 Tbsps + 1 tsp</b>	<b>vegetable oil</b>

1. Preheat oven to 450° F.
2. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed.
4. On a lightly floured surface, knead dough gently for 10 to 12 strokes. Roll or pat dough to ¾-inch thickness. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

**Makes 15 servings**

**Serving Size: 1 (2-inch) biscuit**

<b>Calories</b>	<b>99</b>
<b>Fat</b>	<b>3 g</b>
<b>Saturated fat</b>	<b>less than 1 g</b>
<b>Cholesterol</b>	<b>less than 1 mg</b>
<b>Sodium</b>	<b>72 mg</b>

- 4 large potatoes (2lbs)
- 8 cups ice water
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp salt
- 1 tsp white pepper
- ¼ tsp allspice
- 1 tsp hot pepper flakes
- 1 Tbsp vegetable oil

1. Scrub potatoes and cut into long ½ inch stripes.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in plastic bag.
5. Toss potatoes in spice mixture.
6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking pan.
8. Cover with aluminum foil and place in 475° F oven for 15 minutes. Remove foil and continue baking uncovered for additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

**Makes 5 servings**

**Serving Size: 1 cup**

<b>Calories</b>	<b>238</b>	<b>Cholesterol</b>	<b>0 mg</b>
<b>Fat</b>	<b>4 g</b>	<b>Sodium</b>	<b>163 mg</b>
<b>Saturated fat</b>	<b>1 g</b>		

## SAVORY POTATO SALAD

<b>6 medium</b>	<b>potatoes (about 2 lbs)</b>
<b>2 stalks</b>	<b>celery, finely chopped</b>
<b>2 stalks</b>	<b>scallion, finely chopped</b>
<b>¼ cup</b>	<b>red bell pepper, coarsely chopped</b>
<b>¼ cup</b>	<b>green bell pepper, coarsely chopped</b>
<b>1 Tbsp</b>	<b>onion, finely chopped</b>
<b>1</b>	<b>egg, hard boiled</b>
<b>6 Tbsps</b>	<b>Mayonnaise, light</b>
<b>1 tsp</b>	<b>mustard</b>
<b>½ tsp</b>	<b>salt</b>
<b>¼ tsp</b>	<b>black pepper</b>
<b>¼ tsp</b>	<b>dill weed, dried</b>

1. Wash potatoes, cut in half, and place them in cold water in a saucepan.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.

**Makes 10 serving**

**Serving Size: ½ cup**

<b>Calories</b>	<b>98</b>	<b>Cholesterol</b>	<b>21 mg</b>
<b>Fat</b>	<b>2 g</b>	<b>Sodium</b>	<b>212 mg</b>
<b>Saturated fat</b>	<b>less than 1 g</b>		

## CANDIED YAMS

<b>3 medium</b>	<b>yams (1 ½ cups)</b>
<b>¼ cup</b>	<b>brown sugar, packed</b>
<b>1 tsp.</b>	<b>flour, sifted</b>
<b>¼ tsp</b>	<b>salt</b>
<b>¼ tsp</b>	<b>ground cinnamon</b>
<b>¼ tsp</b>	<b>ground nutmeg</b>
<b>¼ tsp</b>	<b>orange peel</b>
<b>1 tsp</b>	<b>soft tub margarine</b>
<b>½ cup</b>	<b>orange juice</b>

1. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into ¼ inch thickness.
2. Combine sugar, flour, cinnamon, nutmeg, and grated orange peel.
3. Place half of the sliced yams in a medium-sized casserole dish. Sprinkle with spiced sugar mixture.
4. Dot with half the amount of margarine.
5. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
6. Bake uncovered in oven preheated to 350° F for 20 minutes.

**Makes 6 servings**

**Serving Size: ¼ cup**

<b>Calories</b>	<b>110</b>
<b>Fat</b>	<b>less than 1 g</b>
<b>Saturated fat</b>	<b>less than 1 g</b>
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>115 mg</b>

## SMOTHERED GREENS

<b>3 cups</b>	<b>water</b>
<b>¼ lb</b>	<b>smoked turkey breast, skinless</b>
<b>1 Tbsp</b>	<b>hot pepper, freshly chopped</b>
<b>¼ tsp</b>	<b>cayenne pepper</b>
<b>¼ tsp</b>	<b>cloves, ground</b>
<b>2 cloves</b>	<b>garlic</b>
<b>½ tsp</b>	<b>thyme</b>
<b>1 stalk</b>	<b>scallion, chopped</b>
<b>1 tsp</b>	<b>ginger, ground</b>
<b>¼ cup</b>	<b>onion, chopped</b>
<b>2 lbs</b>	<b>greens (mustard, turnip, collard, kale, or mixture)</b>

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender.

**Makes 5 servings**

**Serving Size: 1 cup**

<b>Calories</b>	<b>80</b>
<b>Fat</b>	<b>2 g</b>
<b>Saturated fat</b>	<b>less than 1 g</b>
<b>Cholesterol</b>	<b>16 mg</b>
<b>Sodium</b>	<b>378 mg</b>

## LIMAS AND SPINACH

**2 cups** frozen lima beans  
**1 Tbsp** vegetable oil  
**1 cup** fennel, cut in stripes (4oz)  
**½ cup** onion, chopped  
**¼ cup** low-sodium chicken broth  
**4 cups** leaf spinach, washed thoroughly  
**1 Tbsp** distilled vinegar  
**1/8 tsp** black pepper  
**1 tbsp** raw chives

1. Steam or boil lima beans in unsalted water approximately 10 minutes. Drain.
2. In a skillet, sauté onions and fennel in oil.
3. Add the beans and stock to the onions, cover, and cook for 2 minutes.
4. Stir in the spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in the vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.

**Makes 7 servings**  
**Serving Size: ½ cup**

<b>Calories</b>	<b>93</b>
<b>Fat</b>	<b>2 g</b>
<b>Saturated fat</b>	<b>less than 1 g</b>
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>84 mg</b>

3 cups water  
 1 cube vegetable bouillon, low sodium  
 2 cups white potatoes, cut in 2-inch strips  
 2 cups carrots, sliced  
 4 cups summer squash, cut in 1-inch squares  
 1 cup summer squash, cut in 4 chunks  
 1 15 oz can sweet corn, rinsed and drained  
 (or 2 ears fresh corn, 1 ½ cups)  
 1 tsp thyme  
 2 cloves garlic, minced  
 1 stalk scallion, chopped  
 ½ small hot pepper, chopped  
 1 cup onion, coarsely chopped  
 1 cup tomatoes, diced

**(Add other favorite vegetables such as broccoli, cauliflower, etc.)**

1. Heat water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and purée in blender.
5. Return puréed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for 10 minutes to allow stew to thicken.

**Makes 8 servings**

**Serving Size: 1 ¼ cups**

<b>Calories</b>	<b>119</b>	<b>Cholesterol</b>	<b>0 mg</b>
<b>Fat</b>	<b>1 g</b>	<b>Sodium</b>	<b>196 mg</b>
<b>Saturated fat</b>	<b>less than 1 g</b>		

**2 cups** macaroni  
**½ cup** chopped onions  
**½ cup** evaporated skim milk  
**1 medium** egg, beaten  
**¼ tsp** black pepper  
**1 ¼ cups** Sharp cheddar cheese (4oz), finely shredded, low fat  
nonstick cooking oil spray

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350° F.
4. Lightly spray saucepan with nonstick oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

**Makes 8 servings**

**Serving size: ½ cup**

<b>Calories</b>	<b>200</b>
<b>Fat</b>	<b>4 g</b>
<b>Saturated fat</b>	<b>2 g</b>
<b>Cholesterol</b>	<b>34 mg</b>
<b>Sodium</b>	<b>120 mg</b>



# Main Dishes

## JAMAICAN JERK CHICKEN

½ tsp	cinnamon, ground
1 ½ tsps	allspice, ground
1 ½ tsps	black pepper, ground
1 Tbsp	hot pepper, chopped
1 tsp	hot pepper, crushed, dried
2 tsps	oregano, crushed
2 tsps	thyme, crushed
½ tsp	salt
6 cloves	garlic, finely chopped
1 cup	onion, puréed or finely chopped
¼ cup	vinegar
3 Tbsps	brown sugar
8 pieces	chicken, skinless (4breasts, 4drumsticks)

1. Preheat oven to 350° F.
2. Combine all ingredients except chicken in large bowl. Rub seasoning over chicken.
3. Marinate in the refrigerator for 6 or more hours.
4. Evenly space chicken on nonstick or lightly greased baking pan.
5. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less cooking time than the breasts.

**Makes 6 servings**

**Serving Size: ½ breast or 2 small drumsticks**

<b>Calories</b>	<b>199</b>
<b>Fat</b>	<b>4 g</b>
<b>Saturated fat</b>	<b>1 g</b>
<b>Cholesterol</b>	<b>81 mg</b>
<b>Sodium</b>	<b>267 mg</b>

## FINGER-LICKING CURRIED CHICKEN

1 ½ tsp	curry powder
1 tsp	thyme, crushed
1 stalk	scallion, chopped
1 Tbsp	hot pepper, chopped
1 tsp	black pepper, crushed
8 cloves	garlic, crushed
1 Tbsp	ginger, grated
¾ tsp	salt
8 pieces	chicken, skinless (breast, drumstick)
1 Tbsp	olive oil
1 cup	water
1 medium	white potato
1 large	onion, chopped

1. Mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, onion, and salt.
2. Sprinkle seasoning mixture on chicken.
3. Marinate for at least 2 hours in the refrigerator.
4. Heat oil in skillet over medium flame.
5. Add chicken and sauté.
6. Add water and allow chicken to cook over medium flame for 30 minutes.
7. Add diced potatoes and cook for an additional 30 minutes.
8. Add onions and cook 15 minutes more or until meat is tender.

**Makes 6 servings**

**Serving Size:** ½ breast or 2 small drumsticks

<b>Calories</b>	<b>213</b>	<b>Cholesterol</b>	<b>81 mg</b>
<b>Fat</b>	<b>6 g</b>	<b>Sodium</b>	<b>363 mg</b>
<b>Saturated fat</b>	<b>2 g</b>		

## CRISPY OVEN-FRIED CHICKEN

½ cup	skim milk or buttermilk
1 tsp	poultry seasoning
1 cup	cornflakes, crumbled
1 ½ Tbsps	onion powder
1 ½ Tbsps	garlic powder
2 tsps	black pepper
2 tsps	dried hot pepper, crushed
1 tsp	ginger, ground
8 pieces	chicken, skinless (4 breasts, 4 drumsticks)
a few shakes	paprika
1 tsp	vegetable oil (use to grease baking pan)

1. Preheat oven to 350° F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy “skin”. **(Do not turn chicken during baking.)**

**Makes 6 servings**

**Serving Size:** ½ breast or 2 small drumsticks

<b>Calories</b>	<b>256</b>
<b>Fat</b>	<b>5 g</b>
<b>Saturated fat</b>	<b>1 g</b>
<b>Cholesterol</b>	<b>82 mg</b>
<b>Sodium</b>	<b>286 mg</b>

## CHICKEN GUMBO

1 tsp	vegetable oil
¼ cup	flour
3 cups	low-sodium chicken broth
1 ½ lbs	chicken breast, skinless and boneless, cut into 1 inch strips
1 cup	white potatoes (1/2 lb), cubed
1 cup	onions, chopped
1 cup	carrots (1/2 lb), chopped
¼ cup	celery, chopped
½ medium	carrot, grated
4 cloves	garlic, finely minced
2 stalks	scallion, chopped
1 whole	bay leaf
½ tsp	thyme
½ tsp	black pepper, ground
2 tsps	hot (or Jalapeño) pepper
1 cup	okra (1/2 lb), sliced into ½ inch pieces

1. Add oil to a large pot.
2. Heat pot over medium flame.
3. Stir in flour.
4. Cook, stirring constantly, until flour begins to turn golden brown.
5. Slowly stir in all the broth using a wire whisk and cook for 2 minutes. The mixture should not be lumpy.
6. Add all ingredients except okra. Bring to a boil, then reduce heat and let simmer for 20 to 30 minutes.
7. Add okra and let cook for 15 to 20 minutes more.
8. Remove bay leaf.
9. Serve hot in a bowl or over rice.

**Makes 8 servings**

**Serving Size:** ¾ cup

<b>Calories</b>	<b>165</b>	<b>Cholesterol</b>	<b>51mg</b>
<b>Fat</b>	<b>4 g</b>	<b>Sodium</b>	<b>81 mg</b>
<b>Saturated fat</b>	<b>1 g</b>		

## SPICY SOUTHERN BARBECUED CHICKEN

5 Tbsps	tomato paste (3ozs)
1 tsp	ketchup
2 tsps	honey
1 tsp	molasses
1 tsp	Worcestershire sauce
4 tsps	vinegar, white
¾ tsp	cayenne pepper
1/8 tsp	black pepper
¼ tsp	onion powder
2 cloves	garlic, minced
1/8 tsp	ginger, grated
1 ½ lbs	chicken, skinless (breasts, drumsticks)

1. Combine all ingredients except chicken in a saucepan.
2. Simmer for 15 minutes.
3. Wash chicken and pat dry.
4. Place chicken on a large platter.
5. Brush chicken with ½ of sauce mixture.
6. Cover with plastic wrap and marinate in refrigerator for 1 hour.
7. Place chicken on a baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
8. Turn oven down to 350° F, and add the remaining sauce to the chicken.
9. Cover the chicken with aluminum foil and continue baking for 30 minutes.

**Makes 6 servings**

**Serving Size: ½ breast or 2 small drumsticks**

<b>Calories</b>	<b>176</b>	<b>Cholesterol</b>	<b>81 mg</b>
<b>Fat</b>	<b>4 g</b>	<b>Sodium</b>	<b>199 mg</b>
<b>Saturated fat</b>	<b>less than 1 g</b>		

## MOUTH-WATERING OVEN-FRIED FISH

<b>2 lbs</b>	<b>fish fillets</b>
<b>1 Tbsp</b>	<b>lemon juice, fresh</b>
<b>¼ cup</b>	<b>skim milk or 1% buttermilk</b>
<b>2 drops</b>	<b>hot pepper sauce</b>
<b>1 tsp</b>	<b>garlic, fresh, minced</b>
<b>¼ tsp</b>	<b>white pepper, ground</b>
<b>¼ tsp</b>	<b>salt</b>
<b>¼ tsp</b>	<b>onion powder</b>
<b>½ cup</b>	<b>cornflakes, crumbled or regular bread crumbs</b>
<b>1 Tbsp</b>	<b>vegetable oil (for greasing baking dish)</b>
<b>1</b>	<b>lemon, fresh, cut in wedges</b>

1. Preheat oven to 475° F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning,
8. Cut into 6 pieces. Serve with fresh lemon.

**Makes 6 servings**

**Serving Size: 1 cut piece**

<b>Calories</b>	<b>183</b>
<b>Fat</b>	<b>2 g</b>
<b>Saturated fat</b>	<b>less than 1 g</b>
<b>Cholesterol</b>	<b>80 mg</b>
<b>Sodium</b>	<b>325 mg</b>

## SCRUMPTIOUS MEAT LOAF

<b>1 lb</b>	<b>ground beef, extra lean</b>
<b>½ cup</b>	<b>tomato paste (4ozs)</b>
<b>¼ cup</b>	<b>onion, chopped</b>
<b>¼ cup</b>	<b>green peppers</b>
<b>¼ cup</b>	<b>red peppers</b>
<b>1 cup</b>	<b>tomatoes, fresh, blanched, chopped</b>
<b>½ tsp</b>	<b>mustard, low-sodium</b>
<b>¼ tsp</b>	<b>ground black pepper</b>
<b>½ tsp</b>	<b>hot pepper, chopped</b>
<b>2 cloves</b>	<b>garlic, chopped</b>
<b>2 stalks</b>	<b>scallion, chopped</b>
<b>½ tsp</b>	<b>ginger, ground</b>
<b>1/8 tsp</b>	<b>nutmeg, ground</b>
<b>1 tsp</b>	<b>orange rind, grated</b>
<b>½ tsp</b>	<b>thyme, crushed</b>
<b>¼ cup</b>	<b>bread crumbs, finely grated</b>

1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably a pan with a drip rack) and bake covered at 350° F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

**Makes 6 servings**

**Serving Size: 6 (1 ¼-inch) thick slices**

<b>Calories</b>	<b>193</b>
<b>Fat</b>	<b>9 g</b>
<b>Saturated fat</b>	<b>3 g</b>
<b>Cholesterol</b>	<b>45 mg</b>
<b>Sodium</b>	<b>91 mg</b>

## BAKED PORK CHOPS

<b>6</b>	<b>lean center-cut pork chops, ½ -inch thick</b>
<b>1 medium</b>	<b>onion, thinly sliced</b>
<b>½ cup</b>	<b>green pepper</b>
<b>½ cup</b>	<b>red pepper</b>
<b>1/8 tsp</b>	<b>black pepper</b>
<b>¼ tsp</b>	<b>salt</b>

1. Preheat oven to 375° F.
2. Trim fat from pork chops. Place chops in a 13 by 9-inch baking pan.
3. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour.
4. Cover pan and bake 30 minutes. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains. Garnish with fresh parsley.

**Makes 6 servings**

**Serving Size: 1 chop**

<b>Calories</b>	<b>170</b>
<b>Fat</b>	<b>8 g</b>
<b>Saturated fat</b>	<b>3 g</b>
<b>Cholesterol</b>	<b>61 mg</b>
<b>Sodium</b>	<b>135 mg</b>



# Beverage and Desserts

## SUMMER BREEZES SMOOTHIE

1 cup	yogurt, plain nonfat
6 medium	strawberries
1 cup	pineapple, crushed, canned in juice
1 medium	banana
1 tsp	vanilla extract
4	ice cubes

1. Place all ingredients in a blender and purée until smooth.
2. Serve in frosted glass.

**Makes 3 servings**  
**Serving Size: 1 cup**

<b>Calories</b>	<b>121</b>
<b>Fat</b>	<b>less than 1 g</b>
<b>Saturated fat</b>	<b>less than 1 g</b>
<b>Cholesterol</b>	<b>1 mg</b>
<b>Sodium</b>	<b>64 mg</b>



## MOCK-SOUTHERN SWEET POTATO PIE

### Crust:

1 /4 cups flour  
1/4 tsp sugar  
1/3 cup skim milk  
2 Tbsps vegetable Oil

### Filling:

1/4 cup white sugar  
1/4 cup brown sugar  
1/2 tsp salt  
1/4 tsp nutmeg  
3 large eggs, beaten  
1/4 cup evaporated skim milk, canned  
1 tsp vanilla extract  
3 cups sweet potatoes (cooked and mashed)

1. Preheat oven 350° F.

### Crust:

1. Combine the flour and sugar in a bowl
2. Add milk and oil to the flour mixture.
3. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
4. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
5. Peel off top paper and invert crust into pie plate.

### Filling:

1. Combine sugars, salt, spices, and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour into pie shell.
5. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

**Makes 16 servings**

**Serving Size: 1 slice**

<b>Calories</b>	<b>147</b>	<b>Cholesterol</b>	<b>40 mg</b>
<b>Fat</b>	<b>3 g</b>	<b>Sodium</b>	<b>98 mg</b>
<b>Saturated fat</b>	<b>less than 1 g</b>		

## 1-2-3 PEACH COBBLER

½ tsp	cinnamon, ground
1 Tbsp	vanilla extract
2 Tbsps	cornstarch
1 cup	peach nectar
¼ cup	pineapple juice or peach juice (can use juice reserved from canned peaches)
2 16 oz cans	peaches, sliced, packed in juice, drained (or 1 ¾ lbs) fresh
1 Tbsp	margarine, tub nonstick cooking oil spray (for baking dish)
1 cup	pancake mix, dry
2/3 cup	all-purpose flour
½ cup	sugar
2/3 cup	evaporated skim milk

### Topping

½ tsp	nutmeg
1 Tbsp	brown sugar

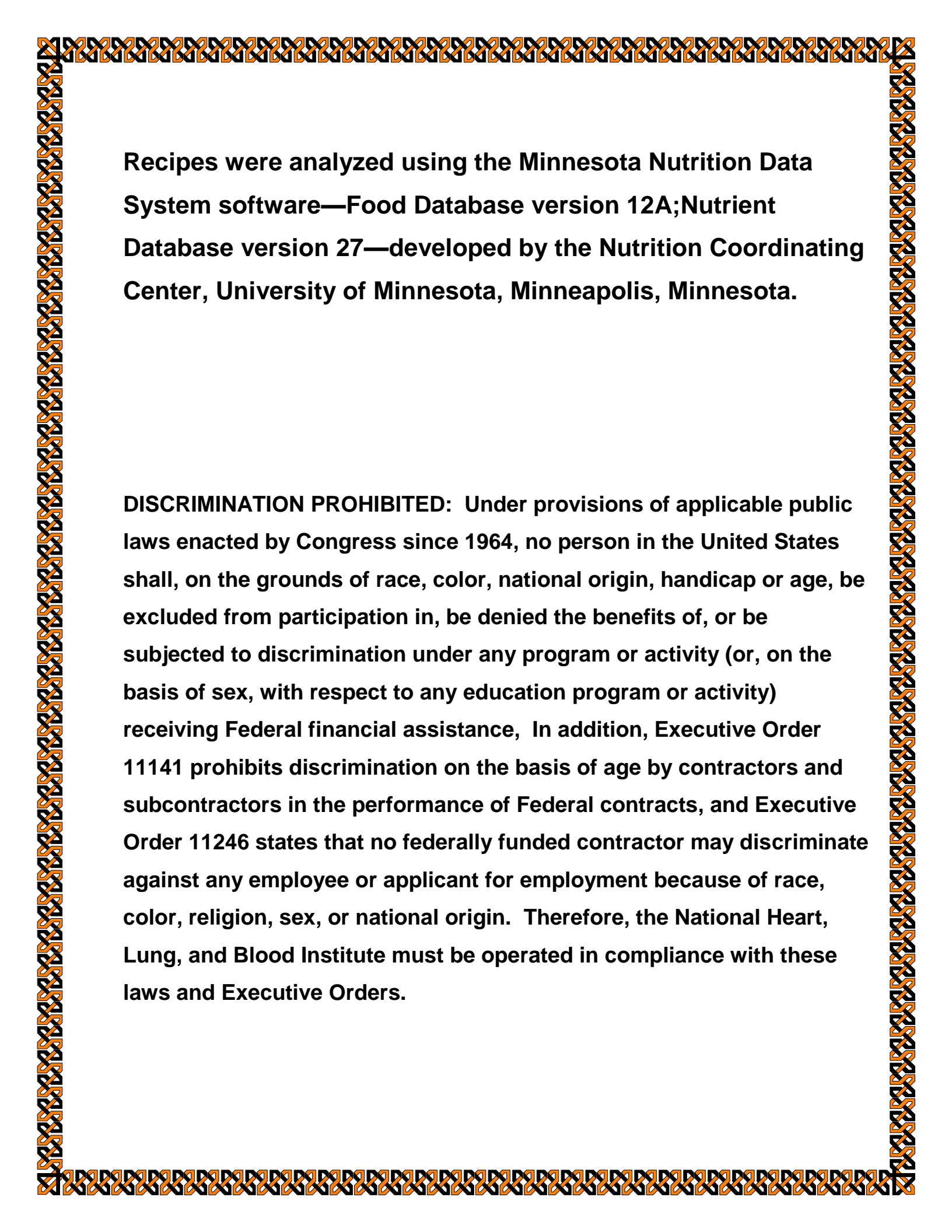
1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5 to 10 minutes.
4. In another saucepan melt margarine and set aside.
5. Lightly spray an 8-inch square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.
7. Quickly spoon this mixture over peach mixture.
8. Combine nutmeg and brown sugar. Sprinkle on top of batter.
9. Bake at 400° F for 15 to 20 minutes or until golden brown.
10. Cool and cut into 8 squares.

**Makes 8 servings**

**Serving Size: 1 square**

<b>Calories</b>	<b>271</b>	<b>Cholesterol</b>	<b>less than 1 mg</b>
<b>Fat</b>	<b>4 g</b>	<b>Sodium</b>	<b>263 mg</b>
<b>Saturated fat</b>	<b>less than 1 g</b>		





**Recipes were analyzed using the Minnesota Nutrition Data System software—Food Database version 12A; Nutrient Database version 27—developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, Minnesota.**

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